



Office of Rehabilitation Services

Health & Wellness News

Volume 1, Issue 2

June/July, 2004

What's In A Name?

Everything! *Health & Wellness Newsletter* sounds so drab! Please submit a new name to Ellie Pickering at Ext. 331 or stop by and see her on the 4th floor, before June 22nd. One lucky person will win a prize just for using their creativity.

South Beach Diet

Would you like to fit into that "Itsy Bitsy Teeny Weeney Yellow (ok pink!) Polka Dot Bikini" this summer, or do you want to know what to eat so that you will feel more fit? The South Beach Diet group is meeting during break time every Monday at 10:00 a.m. at Rick's



Coffee Plus on the 3rd floor (not at South Beach!). Rick is providing sugar-free popsicles, egg beaters, fat free cheddar cheese, Atkin's ice cream bars, and is on the lookout for other goodies that can be eaten on the diet. If you have any questions or suggestions, talk to Lina A. at ext. 445.

Dress Down Day

On Tuesday, June 1st, right after the three-day weekend, you can elect to stay in your weekend clothes because we will have another "Dress Down Day". The \$2 you spend for this privilege will benefit the Rebecca Greene Memorial Fund for the Lending & Loan Program for Assistive Technology. Collectors are: 3rd Fl. - Sue Silva (x444); 4th & 5th Fl. - Val Williams (x302); & 6th Fl. - Norma Soares—(x269).

ORS Family Day at Goddard Park

Gather your family and friends in your car along with your bats, balls, gloves, Frisbees, bocce, croquet, or whatever is your favorite form of recreation for a day of fun at Goddard Park in Warwick on Sunday, June 13th for the ORS Family Field Day.

There is a walking path for those who want to get some

exercise while seeing nature, and we have Softball Field D for those who want to be athletes for the day. Outdoor grills will be available at areas 23, 24 and 25 for you to cook your hamburgers, hot dogs, chicken, etc. that you bring for your group. Or you can just bring your favorite sandwich. A sign up sheet for salads, desserts,

snacks, appetizers chips, and supplies for the community table will be provided. If you don't feel like cooking, a \$5 donation can be made to buy extras. So plan to come at **noon** to enjoy the outdoors and camaraderie in a beautiful location. There will be games & prizes. See Barbara x349, for more details.

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Health & Wellness Committee Chairs

- ♦ *Medical Consultant* - Dr. Elizabeth Conklin, X363
- ♦ *Advisor* - Steve Brunero, X354
- ♦ *Education* - Roberta Accetturo, X368
- ♦ *Bronze Award* - Melanie Grzych, X338
- ♦ *Social* - Sheila Moffat, X345
- ♦ *Physical Health* - Barbara Mulligan, X349
- ♦ *Newsletter Editor* - Elinor Pickering, X331
- ♦ *Layout* - Sharon DiPinto, X318

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High Tea

Dust off your tails, get out your gloves and fanciest hats,

and join us for a spot of tea on Wednesday, June 30th at 2:30 p.m. The assortment of beverages, pastries, scones, and sandwiches will be fit for Queen Elizabeth herself. So plan to dress like royalty, bring your finest tea cup, and enjoy High Tea in the 4th floor Tea Room.

If you don't want to dress like royalty, you'll have to pay the constable \$2.00 which will be donated to a good cause.

Contact Ellie Pickering (x331) or Jan Verrechia (x342).

Health News

With the sun teasing us with its arrival and disappearance and schools about to let their inhabitants out for the summer, it is appropriate that June is "Sun Protection Month" and "Family Health & Safety Month". Even when it is cloudy, the UV rays can be harmful, especially to fair-skinned, elderly and children.

The American Cancer Society website is www.cancer.org. Here you can take a [sun-safety quiz](#), learn facts about skin cancer and find a guideline for detecting skin cancer. At www.aad.org, the website for the American Academy of Dermatology, you can locate volunteer AAD members who offer free skin cancer screening programs and check out the daily UV ratings in your area. It also includes a sunscreen fact sheet and tips for children of all ages.

Would you like to quit? Smoking that is! On June 10-13th, an intensive weekend [Tobacco Treatment](#)

[Retreat](#) which includes individual & group counseling, a personalized plan for quitting, techniques for relapse, as well as holistic life skills, will be held at Camp Conanicus in Exeter. Contact Donna Levesque at RI Department of Health at 222-3059 for more information.

June also includes [Men's Health Week from June 14 - 20](#). The goal is to heighten awareness of preventable health problems and encourage early detection and treatment of diseases among men and boys. For more information go to www.menshealthweek.org.

On June 17th & 18th, "[Substance Abuse and the Rehabilitation Professional: What We Need to Know](#)" will be held at the Holiday Inn, Worcester, MA. Contact Maryann Zawierszynski at 508.767.7371 or email <mzawieru@assumption.edu> or call Susan Shapiro (x421) for more information.

Upcoming Events

June 30th—High Tea

August 31st - Murder Mystery onboard the Bay Queen. Contact Val (x302) by July 31st if you are interested. A fabulous buffet and music for dancing is provided while enjoying the sights and night breezes of the Bay. (A reduced price will be offered if 25 people or more are interested.)

September - an exciting [bus trip to New York City](#).

With the warm weather hopefully here to stay, several outdoor activities are being proposed. Miniature Golf and a Walking Group complete with stepometer are just a few. Contact Barbara (x349) if you are interested.

Share your ideas, suggestions & knowledge of ways to

HELP!

Volunteers are needed for all the events sponsored by the Health & Wellness Committee. Please contact the Chairs if you would like to help with set-up, tear down or serve on a committee. Contributions of money are also always welcome!

enjoy the company of your co-workers while maintaining a healthy lifestyle.

Have a wonderful, healthy summer!

What's Been Happening?

May was heralded with a sumptuous array of healthy, delicious breakfast items at the May Breakfast held on April 30th. Our head chef, Jack Parrillo, served up his gourmet eggs and everyone enjoyed the feast. Kudos to committee members Sheila Moffat, Barbara Mulligan, Jan Verrechia, Valerie Williams, and Ellie Pickering for serving up such a delightful event. Thanks to all those who contributed or came to enjoy!



On May 14th, staff was educated on the alarming rise of asthma and received information on how to recognize allergic reactions and treat the symptoms. Visit www.lungusa.org for more information.

At beautiful Waterman Lake Village, Elda Dawber, gave an informative talk on personal safety for human services workers on May 21st. Practical techniques for avoiding and dealing with this growing problem were given.



A second session of yoga has begun on Thursdays at 4:15 p.m. in the 8th floor conference room. Call Ellie (x331) if you are interested in joining.